



Getting Ready to Test

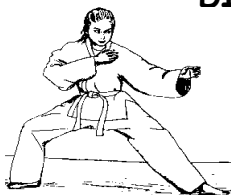
It seems everyone wants to test. But how do you get ready? A few simple things help anyone looking to test from Whitebelt through Blackbelt.

FOCUS is perhaps the most important. If you don't see it, you can't do it!

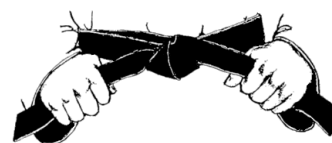
BASICS are the foundation for every move. Remember your stances (*kamae*).

DISCIPLINE shows you are in control of yourself and ready to move up.

KNOW your testing requirements.



Testing Requirements



9th Kyu

Front Roll
Back Roll
Pair Kaiten Roll
Tskui Punch
Omote Shuto
Ura Shuto
Open Door Muto
Tobi
Step 45 back
Front Stomp Kick
Back Stomp Kick
Toe Kick
Ichimonji (Shizen)
Hicho (Kamae)
Chi no Kata
Sui no Kata

8th Kyu

Front Roll (Shoulder)
Back Roll (Ichimonji)
Pair Nagare Roll
Dive Roll
Tobi/Yoko Kaiten
4 - Cuts
Side Stomp Kick
Slide Stomp Kick
Shadow Boxing
Wrist Releases
Ichimonji (Kamae)
Hicho (Shizen)
Omote Gyaku
Ura Gyaku
Shuriken Toss
Ka no Kata

7th Kyu

Cartwheels
Dive Through Roll
Reverse Roll
Front Roll/Stomp Kicks
Back Roll/Back Kicks
7- Cuts
Out and In
Impact Training
Kick Defense
Double Grab
Omote tsuki
Omote Variations
Jumonji
Ganseki Nage
Fu no Kata
Ku no Kata

6th Kyu

Sword Pick-up Roll
Rolls from Push
Front Roll/Shuriken Throw
Front, Back, Dive Rolls
Osoto Nage
Uke Nagashi
Run Through
Omote Knife Defense
Ken Nagashi Knife Defense
Katate Nage Knife Defense
Musha Dori
Oni Kudaki
Kihon Happpo Combination
Mass Attack
Sword Stances
Sword Cuts/Blocks

As you move up in rank you still do lower kyu requirements but at a higher level. For example, at 7th Kyu you must improve your ichimonji, hicho, and basic rolling as well as knowing the 7th Kyu requirements. The way you move through your techniques is also very important. Moving up in rank means training harder and more often. Kyu requirements are merely a guide. Always train as if your life depended on it.

Someday it just might!



Remember: Next Belt Test--March 4th

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Bowing In at Anchor Point Church Annex



Punching Practice
At Mac Center

Training in 2023 Back at Sandia Vista! Anchor Point Church Annex The Mac Center

Sandia Vista Elementary

Beginning February 7th
Tuesdays, 4:15-5pm RM 324

Anchor Point Church Annex

Basics—5:30 to 6:15pm
Greenbelt—6:30 to 7:15pm
Adults—7:30 to 8:30pm

The Mac Center (Loma Colorado)

High Ranks/7up—8am to 8:45
Greenbelts—9am to 9:45
Basics—10am to 10:45

Students are welcome to mix and match classes at any of the three locations. We work with parents to ensure that students get the most from our program. Please make-up missed classes at any location or we can pro-rate the monthly fee. Consistent training pays off! *Ganbatte!*

February Birthdays

David
Valeria
Giovanni
Aurelia
Joseph
Jamilka
Tohbi
Owen
Maddox
Mason
Cayden
Conor
Lukas

2023 Training Expands

February 7th we are happy to be back at Sandia Vista—our first after-school program since the pandemic shut us out. *We will need to move Basics at Anchor Point Church Annex back one half hour to 5:30pm, Greenbelt to 6:30, and Adults to 7:30pm.* Martial Arts for Education began as an after-school program in 1993. Nice to get back to our roots. Sandia Vista students are welcome to add classes or make-up classes at Anchor Point (Tuesdays) or the MAC (Saturdays). Keep on Training! *Ganbatte Kudasai!*



**Making a Spring Garden
Is a Ninja Survival Skill!**

Summer Program
Begins June 3rd
Martial Arts
Archery and More!

Spring Schedule

March 4th
Belt Test

April 22nd
Awards & Demo Day

April 29th/30th
Moonlight Training

May 13th
Belt Test

Don't forget Awards/Demo Day in the Park 4/22/23